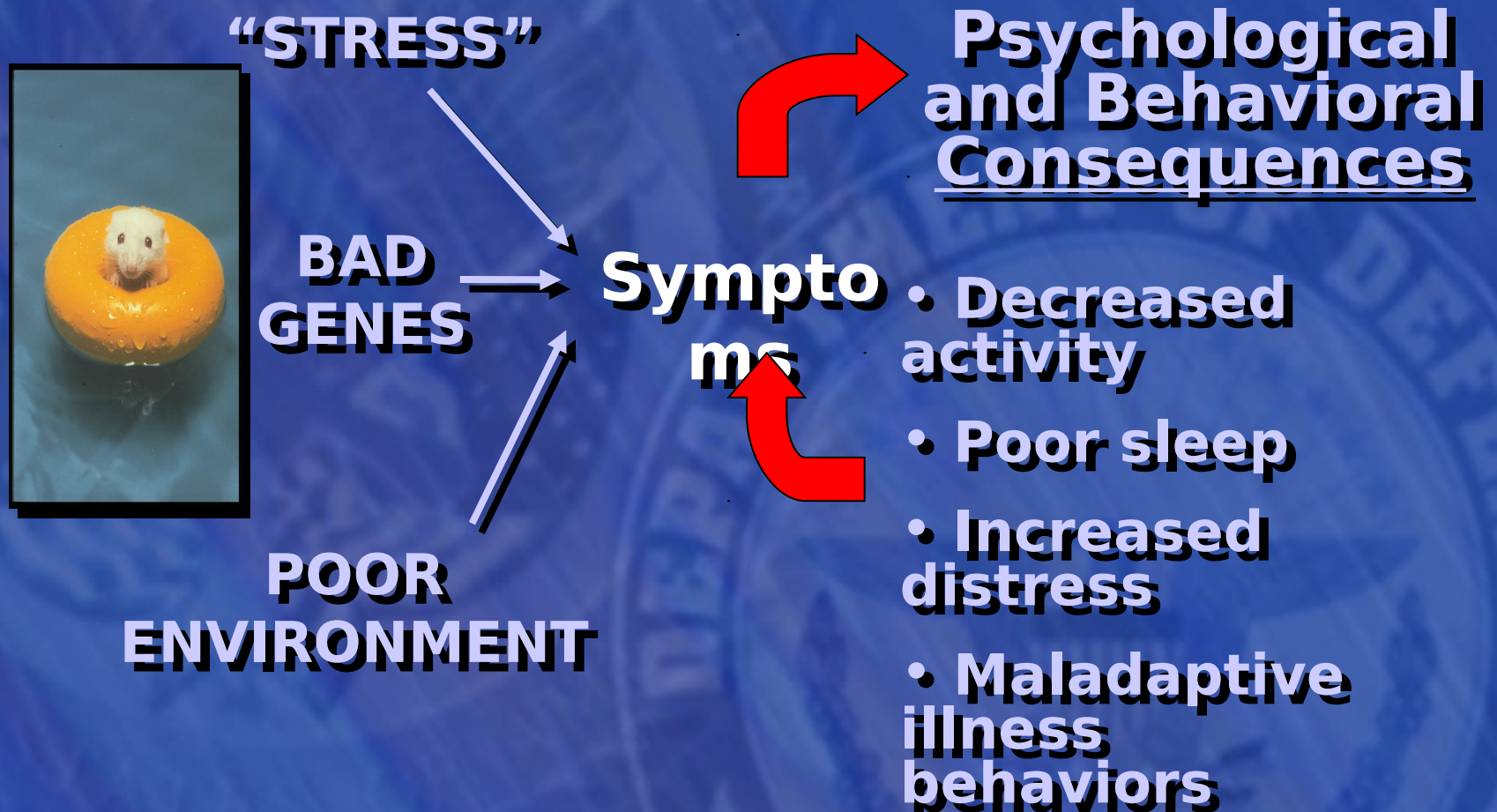


Pharmacologic Therapy in Fibromyalgia (FM) and Chronic Fatigue Syndrome (CFS)

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Dually Focused Treatment



Some Benefit

- **Tricyclic compounds**
 - Amitriptyline (Elavil) and Cyclobenzaprine (Flexeril) best studied
 - Tolerability improved by giving single dose several hours before bedtime
 - Start low, go slow. Begin with 5 or 10 mg and increase to 30 - 40 of cyclobenzaprine or 50 - 70 mg amitriptyline
 - Of most benefit in treating pain, insomnia; less improvement in fatigue

Some Benefit

- **Other classes of neuroactive compounds**
 - **MAO inhibitors**
 - **Mixed serotonergic / noradrenergic compounds**
 - **SSRI generally ineffective**
 - **Gabapentin (Neurontin) for pain**
 - **Tramadol (Ultram) for pain**

No benefit / possible harm

- **Corticosteroids**
- **Immune-based therapies**
- **Anti-infective therapies**
- **Anti-allergy therapies**
- **Fludrocortisone (Florinef)**
- **Nutritional supplements**
 - **Mg, NADH, essential fatty acids**